

LYNN COUNCIL ON AGING SENIOR CENTER



April 2013

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

From the Director...Thanks to JT.

There's nothing whatever the matter with me.

I'm just as healthy as I can be.

I have arthritis in both knees,

And when I talk, I talk with a wheeze.

My pulse is weak and my blood is thin,

But I'm awfully well for the shape I'm in.

I think my liver is out of whack and a terrible pain is in my back.

My hearing is poor, my sight is dim.

Most everything seems to be out of trim,

But I'm awfully well for the shape I'm in.

I have arch supports for both my feet,
Or I wouldn't be able to walk the street.

Sleeplessness, night after night,

Then in the morning I'm a terrible sight.

My memory is failing, my head's in a spin,
I'm peacefully living on aspirin.

But, I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold,

That for you and me, who are growing old,

It's better to say, "I'm fine" with a grin

Then to let them know the shape we're in.

CC 1955

From Your Mayor

I hope you are beginning to enjoy these warmer spring days, and for those of you observing Easter, Passover or any other religious holiday, I hope you had happy and healthy celebrations with your families.

This month promises to be a busy one. We are pleased to kick off the Salem State Speaker Series on Sunday, April 7 at 3 p.m. at the Lynn Auditorium with the Honorable Cory A. Booker, who was elected mayor of Newark, N.J. in July 2006, following a sweeping electoral victory, and was re-elected for a second term by an overwhelming majority in 2010. Nationally recognized for his passion for social change and his deep belief in service and social justice, Mayor Booker has been recognized by TIME as one of the 100 most influential people of 2011, by *New Jersey Monthly* as one of New Jersey's top 40 under 40 and by *Black Enterprise* as one of America's most powerful players under 40. Tickets are \$30, or \$60 for premium seats, and are available in Room 311 during regular City Hall hours or by visiting www.lynnauditorium.com or calling the box office at 781-581-2971.

Also at the Lynn Auditorium this month, we will have three exciting shows. Brit Floyd will perform on April 5. Having performed to more than half a million fans around the world since its first show in Liverpool in January 2011, Brit Floyd has returned to the U.S. with a stunning, new three-hour show that features note-for-note performances of five of the legendary Pink Floyd's full-album sides, the trademark Pink Floyd arch and circle light show, and brand new animation and projection. Join us again on April 18 for One Night of Queen, a spectacular concert recreating the look, sound, pomp and showmanship of the rock band Queen. On April 27, the Auditorium will host a night of comedy, featuring Mike Whitman, Orlando Baxter and host Corey Rodrigues, who was a semi-finalist in the Boston Comedy Festival in 2010 and 2011 and was the winner of the Funniest Comic in New England Contest. For tickets, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

For those of you celebrating the Khmer New Year on April 27, we will host an all-day celebration on the Lynn Commons. I hope you will join us.


Lastly, I encourage you to employ your voting rights and participate in the state's special election on April 30 to replace the Senate seat U.S. Secretary of State John Kerry left vacant when he assumed his new post in February.

Be well and stay warm,

Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625

Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

Swipe IT! Swipe IT! Swipe IT!

We're cracking down on the lunch meal swipes. Swipe your "My Senior Center Card" to order your lunch. Why? We have to. We receive funding based on the reports from swiped meals. It's a critical issue. If you don't swipe, we aren't reimbursed. You will notice a change in our service style in the dining room as we accomplish this. We thank you in advance for your understanding and patience. We want our meals to remain as "no reservation necessary" so please help us. Your servers may come back to your table and serve you after you've swiped. Much appreciated. The senior center congregate meal program is a mandated voluntary contribution donation policy. We suggest \$2 per person. We understand that some are unable to give. We ask to give what you can; even if it's fifty cents, etc. We remind you; all money is received at the donation desk. Please do not give the volunteer servers or staff your donation.

APRIL HAPPENNINGS

Tues, April 2	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
Tues, April 2	Lunch Trip: Kowloon's Saugus	\$2	11:00 a.m. – 1:00 p.m.
Weds, April 3	FOOD STAMPS *note time change*		9:00 a.m. – 1:00 p.m.
Thurs, April 4	Kindness Matters—Group Meeting		10:00 am – 11:00 a.m.
Thurs, April 4	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
Thurs, April 4	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
Mon, April 8	Opening Day Red Sox Celebration	\$2	12 pm
	Hot dogs, chips, and soda		
	Game Room		
Tues, April 9	MOHEGAN SUN CASINO	\$25	7:00 a.m. -6:30 pm
	\$10 Food or Buffet		
	\$10 Bet		
Tues, April 9	Blood Sugar Clinic		8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Open!		
	Nurse available for your questions.		
Weds, April 10	Women's Group Meeting		11 am
Weds, April 10	Free Computer Tutoring		3:00 pm – 4:00 p.m.
	Sponsored by North Shore Community College		
Thurs, April 11	Free seminar!		12:00 p.m. noon
	Funeral Planning—Your Life Your Legacy		
	Game Room		
	Light lunch provided		
Mon, April 15	Patriots Day		Center is closed
Weds, April 17	Country Western Hoe Down!		12pm – 1:30 pm
	Live entertainment		
	Free event sponsored by The FRIENDS		
	~no movie today~		
Thurs, April 18	Free Medication Evaluation - Activity Room		11am – 12 pm
	Bring your medications in their original prescription bottles and a Salem State Nursing Student will provide you a free consultation.		
Thurs, April 18	LGBT Social Hour		3:00 p.m. – 4:00 p.m.
	Discuss Summer plans/options		
Fri, April 19	Boston Food Bank: <u>Brown Bag</u>		10a.m. – 12:30 p.m.
Tues, April 23	Hearing Clinic		9:00 a.m. – 11:00 a.m.
Weds, April 24	Lunch Trip: Jimmy's Steak House	\$2	11:00 a.m. – 1:00 p.m.
Weds, April 24	Council on Aging Board of Directors Meeting		1:30 p.m.
	Board Room		
Thurs, April 25	FRIENDS OF LCOA Meeting		10:00 a.m. -11:00 a.m.
	1st floor board room		
Tues, April 30	Lunch Trip: Teresa's Italian Eatery	\$2	11:00 a.m. – 1:00 p.m.

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APRIL 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Beef Strip Steak/ Gravy	2 Garlic Paprika Tyson Chicken Cheddar Whipped Potato Veggie Ratatouille Chilled Fruit ALTERNATIVE Potato Crunch Fish	3 Stuffed Shells/Meat Sauce Roman Blend Veggies Chilled Fruit ALTERNATIVE Chicken Meatballs Potato	4 Beef Stew Oat Roll Pudding ALTERNATIVE Cheese & Rice & Bean Burrito w/Sauce	5 Potato Chowder California Chicken Salad Bulkie/Tomato Cuke Salad Fresh Fruit ALTERNATIVE Egg Salad
8 Pizza Spinach WW Roll Chilled Fruit ALTERNATIVE Veggie Quiche/Potato	9 Rib-B-Q/BBQ Sauce Oven Fries Tuscan Veggies Jell-o ALTERNATIVE Omelet/Cheese Sauce	10 Lentil Veggie Soup Orange Glazed Boneless Chicken Garlic Whipped Potato Brownie ALTERNATIVE Swedish Meatballs	11 Chili w/ Cheese Steamed Rice Tossed Salad Chilled Fruit ALTERNATIVE Chicken Filet Sandwich/ Potato	12 Roast Pork w/Gravy Sweet Potato Fiesta Veggies Muffin/Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy
15 PATRIOTS DAY NO FOOD SERVICE	16 Fiesta Fish/Sauce Whipped Potato Italian Blend Veggies Chilled Fruit ALTERNATIVE Dominican Beef Stew	17 BBQ Pulled Pork Cornbread Baked Beans Coleslaw ALTERNATIVE Country Fried Chicken Apple Pie	18 Minestrone Soup Cranberry Glazed Tyson Chix Sour Cream Whipped Potatoes Chilled Fruit ALTERNATIVE Liver & Onions	19 SPRING SPECIAL ¼ Hamburger/Roll Lettuce & Tomato Cheese & Pickle Potato Salad/ Corn Warm Apple Cobbler
22 Spaghetti & MB/Sauce Tossed Salad Garlic Roll/ Cookie ALTERNATIVE Hawaiian Turkey Ham Potato	23 Greek Chicken Lemon Rice Carrots Fresh Fruit ALTERNATIVE Spanish Sheppard's Pie	24 Meatloaf w/Gravy Delmonico Potato Peas & Onions Chilled Fruit ALTERNATIVE Mushroom Quiche	25 Cream of Broccoli Soup Shaved Roast Beef/WW Pita Tossed Salad Pudding ALTERNATIVE Tuna Salad	26 Roast Turkey/Gravy/ Cranberry Sauce/ Stuffing Butternut Squash Muffin/ Pineapple ALTERNATIVE Spanish Beef/Yellow Rice
29 Stuffed Pepper/Sauce Whipped Potato Country Blend Veggies Chilled Fruit ALTERNATIVE Pork Patty/Gravy	30 Honey Mustard Tyson Chicken O'Brien Potato Zucchini & Red Pepper Cake ALTERNATIVE			

SENIOR CENTER ACTIVITIES • APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET Wii	SILSBEE STREET Wii	SILSBEE STREET Wii	SILSBEE STREET Wii	SILSBEE STREET Wii
9:00 - 12	9:00 - 12	9:00 - 12	9:00 - 12	9:00 - 12
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 - 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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HARBOR 90FT
APARTMENTS

CASINO TRIPS

Departs from Lynn
Senior Center

Mohegan Sun \$25

7 am - 6:30 pm
April 9th

Foxwoods \$25

7 am - 6:30 pm
May 14th & June 11th



Please, please- sign up early! We need 40 reservations one full week before the travel date; otherwise we must cancel.

Sign up in person at the senior center. OR
Mail your registration sheet and payment
check in.

Call for a sign up sheet and we'll mail it to you.

Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.

April 9th & 23rd

May 7th & 21st

June 4th & 18th

Twin River \$20

10:00 a.m. - 8:10 p.m.

April 4th & 18th

May 2nd & 16th

June 13th & 27th

Any questions? Call Elaine 781-289-6144
(Departs from back of Price Rite
at Northgate in Revere)

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Apr 3	Arthur	97 mins	PG	1981
Apr 10	Enchanted April	93 mins	PG	1992
Apr 17	NO MOVIE			
Apr 24	Trouble with the Curve	111 mins	PG-13	2012

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



SAFELINK or ASSURANCE Cell Phone

~OFFICE HOURS~

Tuesdays and Thursdays

8:00 a.m. – 10:00 a.m.

We will gladly assist you with your cell phone issues/ verification during these office hours.

OPENING DAY!!

**APRIL 8TH
1:00 P.M.
GAME ROOM**

TICKETED EVENT \$2
HOT DOG, SODA,
CHIPS
WIN PRIZES!



"BEYOND RETIREMENT"

Free Seminar

**Tues, April 9th
5:50 pm – 7:30 pm**

Swampscott Public Library

Presented by:
The Elder Insider

Register: 508-843-1869



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Place Your Ad

Seasonal Allergies

Many allergy sufferers breathe a sigh of relief when the colder weather settles in, but for others, allergy symptoms flair. Summer, Spring and Fall are the seasons when we hear the most talk about allergies. During these seasons we are exposed to many irritants in the outdoor environment. Plants, trees, flowers, and grasses begin to grow. The air we breathe is filled with pollen, spores, and seed casings. These are potential irritants to our body and are capable of causing an allergic reaction. Often time's people who have reactions to plant products are said to have "Hay Fever." Animals are also capable of spreading potentially irritating substances in our environment. Animal dander and fur can cause allergic reactions in any season.

Winter allergies are more likely to be due to irritants in our indoor environment. When the weather is cold we tend to stay indoors. This increases our dust, mold, and pet dander exposure. Determining if you have winter allergies can be difficult as cold and flu illnesses also increase in the winter. When you experience the onset of a mind-numbing, nose-running, potentially exhausting illness it is important to assess your symptoms. Colds and flu are viral illnesses. They can be accompanied by aches and pains, coughing, fever, and sore throat. Duration is usually not longer than 10 days. Allergic reactions are not usually accompanied by fever, pain and sore throat but will result in itchy, irritated eyes. Both involve runny nose, stuffiness, and sneezing. Assess your symptoms and seek appropriate treatment from your physician.



A MATTER OF
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MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE CONCERNS ABOUT FALLING?

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. It is FREE.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Laurel Towers
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Begins Tuesday, April 2, 2013
1PM to 3PM

Classes will meet on Tues and Thurs for 4 weeks for 2 hours each.

Preregister!
Program is limited to 12-15 attendees.

For more information or to register,
please contact: MARY CARIDEO
781-586-8527 or mcarideo@glss.net

BASEBALL

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N M R Q O H O A P W D A L L I I S F L D E R
F U O H B R H E B N D L E I F T U O G E R E
I M H T W A A C O M A R B S B R S U N R J H
E M S O T N S C N B I A E A T E E L I O A C
L U R S U H E E E I S T L H S R Q N N C C T
D T R T E S R V B E P L T D C T I Z N S K I
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R E E H C S S A R G S L I D E G O C D S T O
T L T C O A C H T N U B W A L K Z M K S U G

baseball

batter

umpire

mitt

catcher

pitcher

first

second

third

base

home run

grounder

shortstop

fastball

curveball

bunt

pop fly

plate

left

right

grass

mound

walk

foul

diamond

score

strikes

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crowd

infield

outfield

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Cracker Jacks

slide

roster

cheer

helmet

bullpen

season

teammates

coach

lose

winner

inning

pinch hitter



Out and About Fun! Lynn Senior Center Trips 2013**Join us!****Weds, May 22nd****\$78*****"Spreading it Around"******Newport Playhouse Spectacular***

9am –Depart from Lynn Senior Center; This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handling out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those who truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! Approximate return time to Lynn is **5pm**.

~Final Payment due May 6th ~Must have 40 reservations~ Sign up in March for payment plan of \$26 per month.

Thurs, July 25th**\$84*****Martha's Vineyard ~ featuring scenic sights, ferry cruise, & buffet***

7am -Depart from the Lynn Senior Center; board the Island Queen ferry in Falmouth. Arrive in Martha's Vineyard 45 minutes later. Board a sightseeing bus and tour Oak Bluffs to Edgartown. Spend some time shopping in the village and enjoy a buffet dinner at the Old Country Buffet before boarding the return ferry.

Approximate return time to Lynn is **7pm**.

~Final Payment due July 11th ~Must have 40 reservations~ Sign up by April 11th for 4 month payment plan of \$21 per month.

Weds, August 21st**\$80*****Boston Duck Tours! ~ includes Boston Common/Public Gardens & Luncheon***

8:30am- Depart from the Lynn Senior Center; head to the Boston Common where you'll see the Public Gardens and the Swan Boats. Enjoy a full course luncheon at the 'No Name' Restaurant on Fish Pier. Ride the famous Boston Ducks through Boston sights and take the plunge into the Charles River for a brief cruise.

Approximate return time to Lynn is **5:30 pm**.

~Final Payment due May 7th ~Must have 40 reservations~ Sign up by Aug 7th for 4 month payment plan of \$20 per month.

Sun, Dec 1st – Mon, Dec 2nd**\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH***

2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.

~\$50 deposit by Aug 1st holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1st with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1st of every month. Deposit is refundable up to Oct 1st and non-refundable after Oct 1st-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

IN LOVING MEMORY

In loving memory of Dr. Thelma Berger,
~Dr. Harvey Berger

GE Matching Funds

In loving memory of Rose Colella,
~Diane Cronin
~Irene Lee

THANK YOU

Thank you for your
generous donations.

~Anna Szpak
~Irene Noel
~Sophie Karampoulis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

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WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLASS CLINIC

April 2nd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

April 9th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

April 30th
9:00 am—11:00 am

PODIATRIST

April 4th and April 25th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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